

Physical Therapy



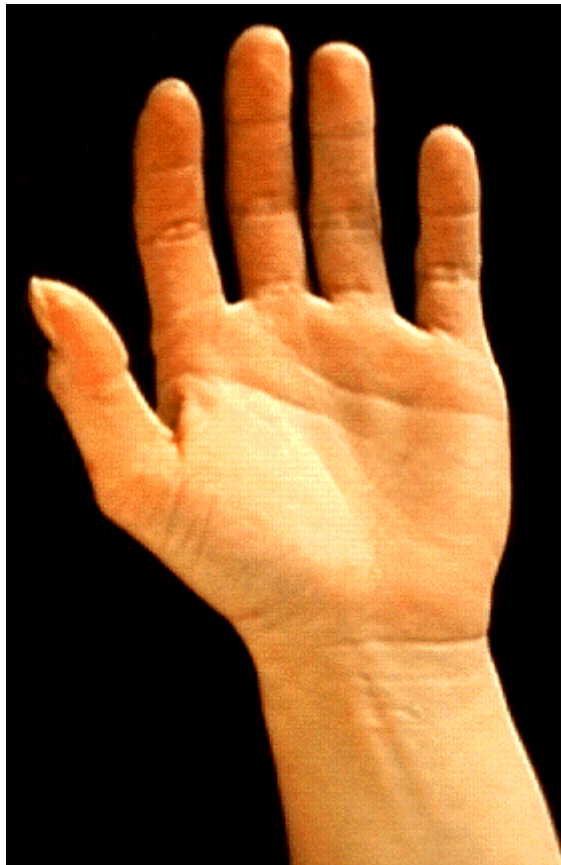
PUTTY2.MOV

Strengthening

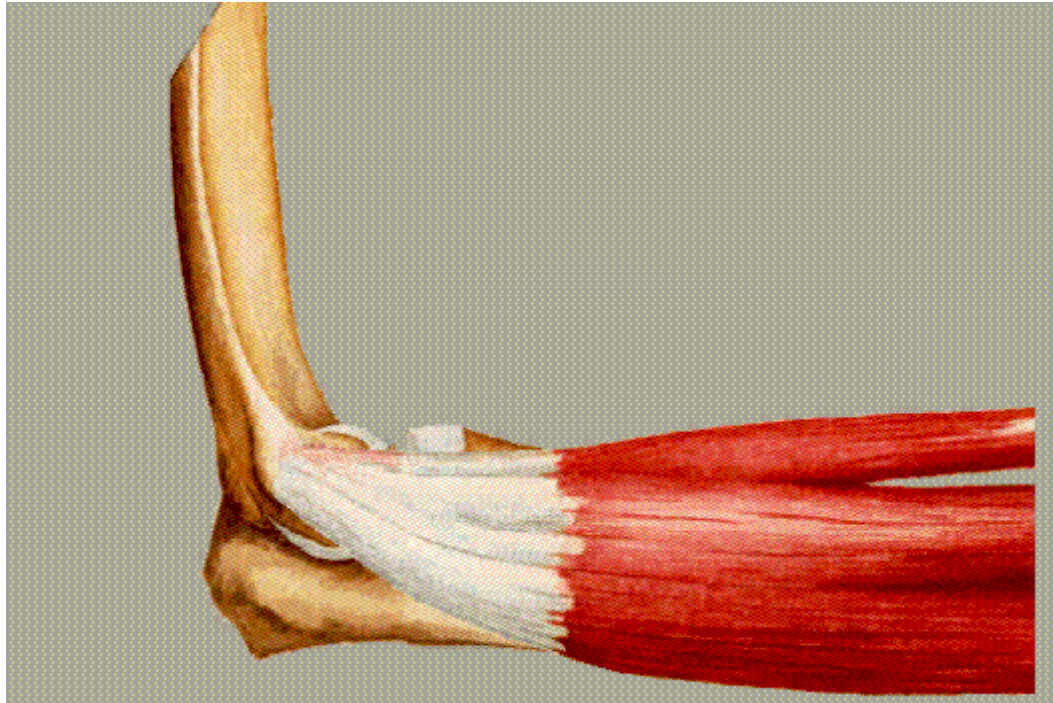
Treatment Options III

- **Biofeedback**
 - Relaxation/stress relief
 - Hypnosis
 - Muscle retraining
 - Pain management
 - Hand warming
- **Surgery**
 - LAST RESORT
 - Get second opinion
 - Common types
 - » carpal tunnel (traditional release, endoscopic, laser)
 - » ulnar nerve transposition
 - » DeQuervain's

CTS Surgery



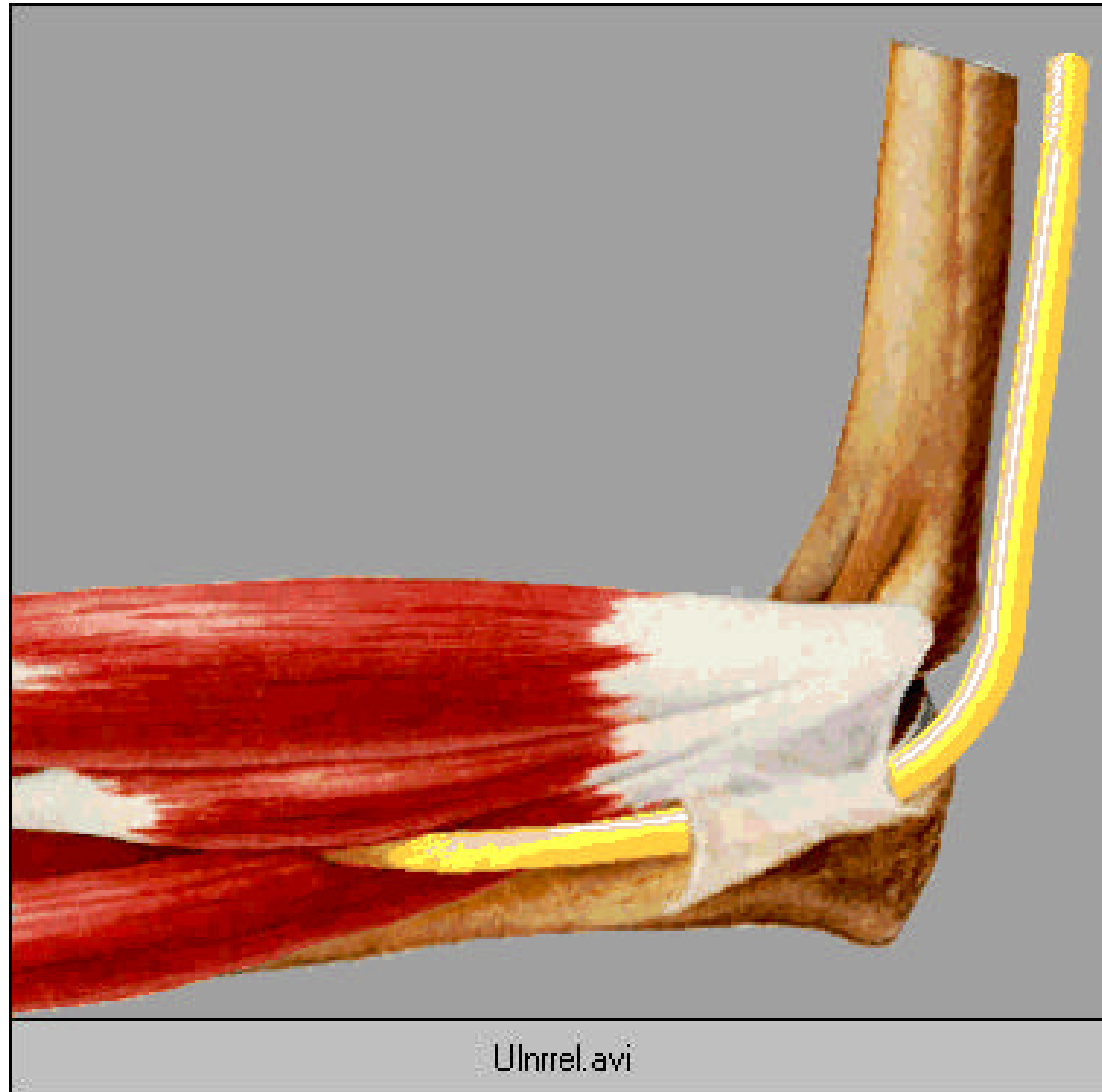
Lateral Epicondylitis (Golfer's Elbow)



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/ctd/latepi.html>

PNNL

Cubital Tunnel Syndrome



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/ctd/cubtun.html>

Alternative Treatments I

- **Body Work**
 - Rolfing, Hellerwork, Myotherapy, Trager, Ashton-Patterning
- **Massage**
 - Swedish, sports, deep muscle, acupressure
- **Reflexology**
- **Feldenkrais/Alexander**
- **Craniosacral Therapy**

Alternative Treatments II

- **Vitamins**
 - C, E, B6, and Beta Carotene
- **Acupuncture**
- **Chiropractic**
- **Polarity Therapy**
- **Aroma Therapy**

Do At Home

- **Stretching**
 - Slow, steady pressure, no pain, often
- **Exercise**
- **Strengthening**
- **Posture**
- **Heat/Cold**

Activities of Daily Living

- **General Rules**
 - Simplify
 - Automate
 - Delegate
 - Distribute tasks over time
- **Types of activities**
 - Cooking
 - Cleaning
 - Driving
 - Carrying
 - Reading
 - Sleeping
 - Recreational Activities (sports, exercise)

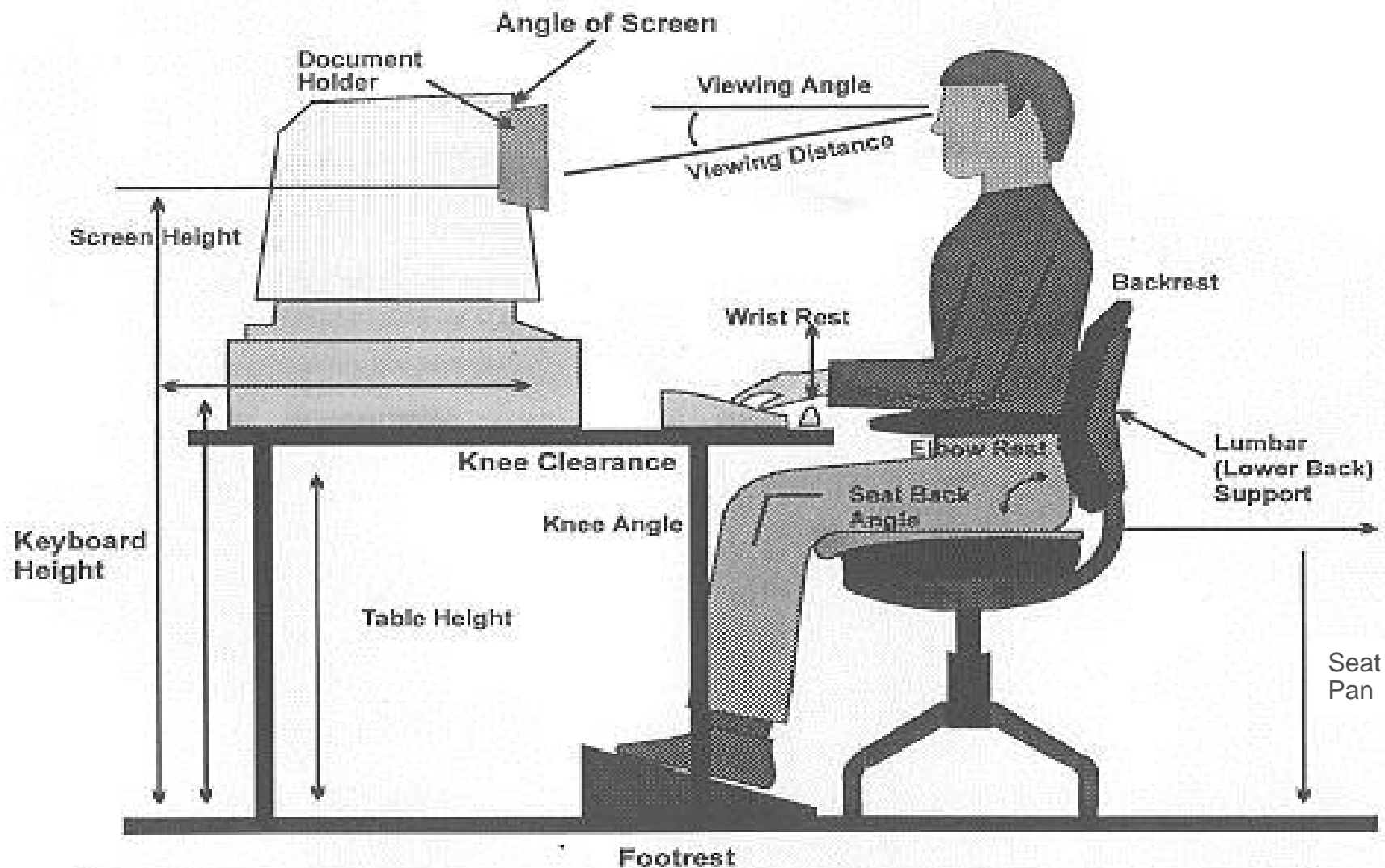
Workstation Ergonomics

- **Equipment**
- **Posture**
- **Environment**

Desk

- **Proper Height**
- **No Sharp Edges**
- **Sufficient Leg Room**
- **Color and Finish to Minimize Glare**

Workstation Ergonomics



Workstation Ergonomics



Posture

- **Sit Up Straight**
- **Elbows In**
- **Feet On Floor**
- **Avoid Reaching**
- **Don't be Static**
- **Be Careful with Laptops**

Poor Posture

